



ΑΡΙΣΤΟΤΕΛΕΙΟ  
ΠΑΝΕΠΙΣΤΗΜΙΟ  
ΘΕΣΣΑΛΟΝΙΚΗΣ



ΤΜΗΜΑ ΜΟΥΣΙΚΩΝ ΣΠΟΥΔΩΝ  
ΣΧΟΛΗ ΚΑΛΩΝ ΤΕΧΝΩΝ  
ΑΡΙΣΤΟΤΕΛΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΕΣΣΑΛΟΝΙΚΗΣ

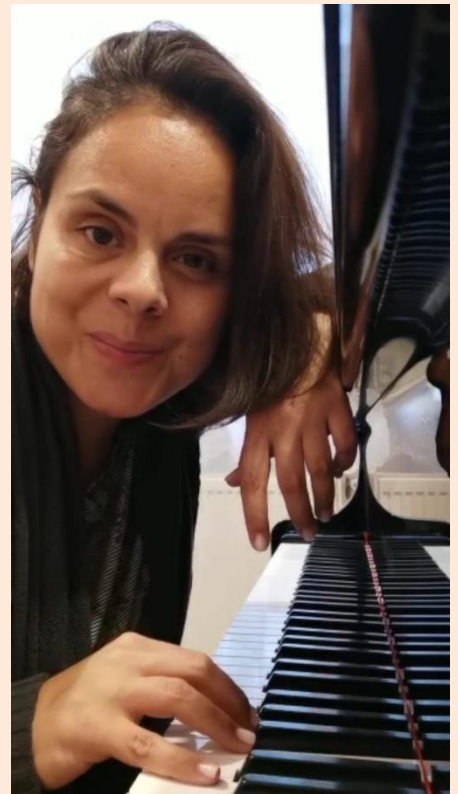
## “STAGE FRIGHT AND HOW TO OVERCOME IT”

Workshop with

**Prof. Dr. Mădălina Dorgo**

**Friday, 28<sup>th</sup> April 2023,  
11:00-13:00**

**School of Music Studies of the  
Aristotle University of  
Thessaloniki,  
Thermi,  
Foyer**



*Emotions and emotionality are aspects that positively influence musical interpretation.*

*What would music and art in general be without emotions? Stage fright, also known in specialized literature as musical performance anxiety, is one of the emotions that, although initially positive, ends up degenerating into a disturbing factor, affecting both the psyche and, implicitly, professional development. How can I understand my emotions? How much do I let them control my artistic act? When is it too much really... too much, and how can we be on stage without stage fright? Music and art are about beauty. About the joy of being on stage and in the audience. The seminar-workshop presents: - a general introduction to emotions & stage fright in particular - case studies & examples of famous artists regarding stage fright - a therapeutic & practically applied part. Prof. Dr. Mădălina Dorgo is a pianist with over 20 years of teaching experience and Head of the Piano Department at "Ion Vidu" Art Highschool, Timișoara, Romania. Her experience includes more than 250 student awards at national and international piano competitions, and 150 student concerts and recitals on national and international concert stages. Amongst her numerous publications: "Emotion, emotivity and stage fright in musical interpretation". OrpheumTimisense, West University of Timișoara, ISBN 978-973-125-356-5, "The stage fright in musical interpretation". Acces Publishing House CCD Timis, ISBN 978-606-93587-4-0.*

Organized by Maria Alexandru, assistant prof.